

LYNN COUNCIL ON AGING SENIOR CENTER



**March
2015**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Spring into spring already...

I do not know how many total inches would have fallen by the time this newsletter reaches you; but I do know enough is enough! I worry about the elders trapped in their homes- cabin fever to say the least. I worry about the shoveling issues, the oil delivery problems, the power outages, meal deliveries or when you'd ever be able to go shopping again. As much as I take the beatings, I will always focus on the brighter side. So here goes, 43 days till Opening Day at Fenway Park! It's still light out at 5:18 p.m., no stifling humidity, no mosquitos and no heat waves. Alright, hang in there and oh, Happy St. Patrick's Day- the day we're all Irish! May the luck of the Irish be with you!

~Stacey Minchello

From Your Mayor

I hope all of you are staying warm and safe during this winter in which we've seen record snowfall. It has been a challenge—as many of you are probably well aware—to clear all of the snow from the sidewalks and streets, but I must commend the employees of the Public Works Department for their dedication and countless hours of hard work. As we transition to spring, I can only hope the rising temperatures will help to melt the rest of this snow.

We have a busy couple of months ahead at the Lynn Auditorium, starting with a sold-out children's show on March 1. Coming up, we will welcome Pat Benatar, Celtic Woman and many others. For tickets, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

Also this month, Arts After Hours will be putting on "The Complete Story of America, Abridged." The performance will cover 600 years of history in 90 minutes. Opening weekend is March 27. For more information, call 781-205-4010.

On March 11 at noon, Astrida Schaeffer, author of "Embellishments: Constructing Victorian Detail," will be at the Lynn Museum to take attendees on a fashion tour of the Victorian era, exploring how clothes were made and why they are important today. Reserve your spot at the table by phone 781-581-6200 or email office@lynnmuseum.org.

There will be several St. Patrick's Day celebrations taking place throughout the city. The Lynn Housing Authority & Neighborhood Development will host its annual alcohol-free St. Patrick's Day Luncheon, and the Ancient Order of Hibernians will host its annual dinner. Some of you may also want to come out and support the runners participating in the Hibernian 5K St. Patrick's Day Recovery Run on Sunday, March 22.

Be well and warm thoughts of spring,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Albert DiVirgilio
Arthur Akers
Edmund Brown
Frank LaMacchia
Lester McCLain
Charles Mitchell
Frances Taggart
Pearl Brown
Marlene Vasi Eddy
Minette Lall

President
Clerk

Meets 4th
Wednesday
monthly at
1:30 p.m.

FRIENDS of LCOA Executive Board

Joan B. Noble
Linda Rosendahl
Deb Small
Cindy LeBlanc
Virginia Calef

President
Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

Mark Your Calendars!

Cooped up from all the storms?

April 8th 9:30 am Game Room


"Laughter is the Best Medicine"

Brought to you by: Bayada Home Care



MARCH HAPPENINGS

Trip sign-ups begin, Fri, Feb 27th

Tues, March 3	Hearing Clinic – Fireplace Lounge	10:00 a.m. – 11:00 p.m.
Tues, March 3	Birthday Karaoke 	11:30 a.m. – 1:00 p.m.
Thurs, March 5	Lunch Trip: Lynn Tech \$2	11:00 am – 2:00 pm
Fri, March 6	FREE! Dance lessons with Stasi-new time! 10:00 am – 11:00 a.m.	
Tues, March 10	Blood Sugar <u>AND</u> Blood Pressure Clinic	8:00 a.m. – 9:30 a.m.
Tues, March 10	Lunch Trip: Porthole Pub \$2	11:00 a.m. – 1:30 p.m.
Weds, March 11	Free electronic clinic	12:30 pm – 1:30 pm

Bring your tablet or cell phone and get assistance from a Fecteau Leary student



Tues, March 17th HAPPY ST. PATRICK'S DAY

10:45 am Corn Beef Dinner – must scan card; while supplies last until 12 pm

12pm Live IRISH Entertainment by



DYLAN FOLEY



Gratefully brought to you by the Friends of LCOA

50/50 raffle and gift basket drawn at 12:30 pm

Thurs, March 19	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Fri, March 20	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
Mon, March 23	Women's Group Meeting	10 am – 11 am
Mon, March 23	Field Trip: Sr. MBTA Passes & lunch \$2	9:30 am – 2:30 pm
	<i>lunch on own at Wendy's on return trip</i>	
Tues, March 24	TEAM vs. TEAM TRIVIA	9:30 a.m.
Weds, March 25	Free electronic clinic	12:30 pm – 1:30 pm
	Bring your tablet or cell phone and get assistance from a Fecteau Leary student	
Weds, March 25	Field Trip: Square One Mall \$2	10:00 a.m. – 2:30 p.m.
Weds, March 25	Lynn Council on Aging Board of Directors Meeting	1:30 pm
Thurs, March 26	FRIENDS of Lynn Council on Aging Meeting	10 am

*In celebration of National Nutrition Month, Registered Dietician, Ellen Goldman, RD will be available during "Video Exercise Class" on March 10th & Exercise Class on March 18th.

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MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken and broccoli Alfredo / Pasta Capri blend vegetables Italian bread Fruit ALTERNATIVE Arroz con camarones	3 Southern style cod filet Mashed sweet potato Spinach salad/dressing WW bread Fruit ALTERNATIVE Stewed beef	4 Meatballs/pasta/tomato sauce Cauliflower/red peppers WW bread Pudding ALTERNATIVE Cumin roasted pork,plantains	5 Turkey chili White rice Caesar salad/dressing WW bread Cookie ALTERNATIVE Arroz con carnitas(beef)	6 Stuffed shells/ tomato sauce Broccoli Rye bread Fruit ALTERNATIVE Braised chicken/lime slaw
9 Boneless pork chops/ gravy Garlic mashed potatoes Collard greens Muffin Fruit cocktail ALTERNATIVE Veggie burger,potato wedges	10 Chicken teriyaki Brown rice Stir fry vegetables WW bread Fruit ALTERNATIVE Macaroni & cheese/ salad	11 Salmon/dill sauce Red potatoes Green peas Italian bread Cookie ALTERNATIVE Turkey/creole sauce	12 Meatloaf/brown gravy Mashed sweet potatoes Spinach salad/dressing WW bread Pudding ALTERNATIVE Chicharon frito(pork)	13 Turkey Milanese Vegetable rice pilaf Carrots Rye bread Fruit ALTERNATIVE Whole grain cheese pizza
16 Cheese lasagna/ tomato sauce Spinach WW bread Pudding ALTERNATIVE Creole fish/rice and beans	17 ST. PATRICK'S DAY SPECIAL Corned beef Cabbage Turnips and carrots Italian bread Shamrock cookie	18 BBQ chicken Candied yams Broccoli WW bread Fruit ALTERNATIVE Curried beef	19 Baked fish/diced Tomatoes Plantains Garden salad/dressing Italian bread Fruit ALTERNATIVE WG Baked pasta/ mozzarella	20 Beef stew Beets Fruit WW bread ALTERNATIVE Whole grain cheese pizza
23 Roast turkey Florentine Sour cream dill potatoes California blend veg. WW bread Pudding ALTERNATIVE Eggplant parm/tomato sauce	24 Cheese tortellini/meat sauce Spinach salad/dressing Snack loaf Fruit ALTERNATIVE Tilapia/tomatillo salsa	25 Latin style pork loin/gravy Mashed sweet potatoes Capri blend veg. Rye bread Cake ALTERNATIVE Turkey/creole sauce	26 Chicken cacciatore Pasta Caesar salad/dressing WW bread Fresh fruit ALTERNATIVE Arroz con carnitas (beef)	27 Salmon/dill sauce Yellow rice Cauliflower/red peppers WW bread Fruit ALTERNATIVE Chicken creole
30 Cheeseburger/ketchup Seasoned potato wedges Italian blend veg. Hamburger bun/Pudding ALTERNATIVE Cerdo asado(pork)	31 Roast turkey/ mushroom gravy Mashed sweet potatoes Garden salad/dressing WW bread Fruit ALTERNATIVE Stewed goat	MARCH IS NATIONAL NUTRITION MONTH!	Requested Donation \$2.00	MENU SUBJECT TO CHANGE WITHOUT NOTICE

SENIOR CENTER ACTIVITIES • MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:00-11:00 COMPUTER CLASS #1
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	10:45-12:30 LUNCHEON
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	11:15-12:15 COMPUTER CLASS #2
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		11:30-12:15 EXERCISE CLASS
	12:00-2:45 POKENO			1:00-2:45 BINGO
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			



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ADAPTIVE

CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$27

7 am - 6:30 pm

Tuesdays: April 14, May 12,
June 9, Aug. 11, Oct. 13 &
Nov. 10

Sign up early!!

We must have 40 paid reservations one week
prior to departure date; otherwise we must
cancel the trip.
Sign up in person at the senior center. OR
Mail in your registration and check.

*Bonus package:
\$10 food coupon for retail food vendors
or free buffet
Plus \$10 bonus slot play added to your
rewards card on the bus before entering casino.
Remember to bring your rewards card!*

Casino Trips from Revere

Mohegan Sun \$27 *plus tip*

10 am depart Revere 6:30pm depart casino

Mar 3 & 17,
Apr 14 & 28,
May 12 & 26,
Jun 9 & 23



Twin River \$27 *plus tip*

10 am depart Revere 6:30pm depart casino

Mar 12 & 26,
Apr 9 & 23,
May 7 & 21, Jun 11 & 25



Casino Trips from **REVERE!**

**Now Express!! Straight run - no stops!
Call Elaine at 781-289-6144
for reservation, questions, and
pick up location/parking.**

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

March 4th	12 Angry Men	NR	1957	96 mins
March 11th	Kiss Me Goodbye	PG	1982	101 mins
March 18th	Mame	PG	1974	131 mins
March 25 th	Philomena	PG-13	2013	96 mins



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE

We regret to inform you that we actively recruiting new computer instructors and will keep you posted as to when the next round of classes will start.

Snow Closings

We urge you to stay home during inclement weather. Please understand we will do our best if we know ahead of time to notify you of cancelled trips and activities.

Lynn Senior Center closing announcements are listed on WCVB.com and broadcasted on **Lynn Cam Channel 3 Comcast and Channel 38 Verizon**. We are not listed on the scrolling closings on major channels because there are so many school closings.

If you call, 781-599-0110 and the answering services picks up, they will tell you we are closed.

Tax appointments that were cancelled due to snow closing will be re-scheduled on a standby or cancellation status. We understand the stress and inconvenience this has caused you and will do our best to accommodate. Some appointments may be pushed to April. We will be in touch with you.

Snowbirds- If you know you are going to warmer climates, temporarily de-active the mailing of your newsletter, please and thank you.

The Kiosk for Living Well

Come on Spring!

The Kiosk for Living Well invites you to consider the long-awaited beginning of spring on March 20th! Come explore activities at the Kiosk by trying out something new and fresh. Come check out the Kiosk any Tuesday or Thursday where you can meet with Advisors and do almost anything! You could look over some new recipes, learn about a bus route to a new destination, or improve your balance with our Falls Prevention specialist, Sylvia. She will be at the Kiosk on Thursday March 5th from 10-Noon. **The Kiosk is open every Tuesday and Thursday from 10:00-Noon.** We want to see you there!

The Kiosk for Living Well is open to everyone every Tuesday and Thursday from 10:00 to Noon. *Supervised Kiosk exercise classes also take place on Tuesdays and Wednesdays from 12:30 to 1:30.*



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Wellness Watch March 2015

Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages. Having a cough, a fever or trouble breathing are common signs of pneumonia. Adults 65 and over are at high risk for this illness. People who smoke cigarettes or who have underlying medical conditions such as asthma diabetes or heart disease are put at even more risk. Pneumonia is caused by viruses, bacteria and fungi. Other viruses such as influenza and respiratory syncytial virus can also cause pneumonia. Although this illness can be very serious, it can also be prevented by vaccination.

The Center for Disease and Control (CDC) recommends two pneumococcal vaccines for all adults 65 years and older. There is one dose that can be received at any time and then a second dose that should be taken six-twelve months later. Other vaccinations are recommended as well to prevent pneumonia. Getting vaccinated for influenza, measles, whooping cough and varicella will increase the chance of prevention of other illnesses.

There are other ways to protect your health by healthy living practices. If someone is sick try to avoid contact with that person. Washing your hands regularly and cleaning frequent touches surfaces will help to eliminate germs that can spread infection. Creating a barrier such as a tissue or a sleeve when coughing or sneezing can also prevent the spread of infection.

Shingles is another illness that is common in adults 60 years old and older. Shingles is a skin rash that is very painful and is caused by varicella zoster virus which also causes chickenpox. Anyone who has had chickenpox can develop shingles because the virus remains in the nerve cells of the body. It is most common in people who are 50 and older and in people who have medical conditions that keep the immune system from working properly.

The CDC recommends a shingles vaccine for anyone 60 years and older. This is a one-time vaccination and should be taken whether or not the individual has had chickenpox or not. Studies show the vaccine is effective for at least six years. This vaccine is available at pharmacies and doctors' offices.

For more information on either the shingles or the pneumonia vaccine talk to your health care professional or visit: www.cdc.gov.

Kelsey Spotts
Healthy Living Program Community Coordinator

2015 Fenway Park Opening Day!



Monday, April 13th

Celebrate a new season for the Boston Red Sox!

12 noon drawing Red Sox raffles \$1 or 6 for \$5

2pm - Hot dogs, soda, chips \$2

3:05pm game time RED SOX vs. Washington Nationals



Center closes at 4pm- Game room will close at 5pm provided there is staff coverage.

St. Patrick's Day

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Lynn Senior Center
 8 Silsbee Street, Lynn, MA
 Thursdays, March 5 – April 9
 1:00 – 3:30 p.m.

**FOR MORE INFORMATION
 OR TO REGISTER, CONTACT:**

Kelsey Spotts
 Greater Lynn Senior Services

781-586-8530

Space is limited. Register today!

TOMANDO CONTROL DE SU SALUD

Aproveche Esta Oportunidad Hoy!

Un programa para personas con una enfermedad crónica o para personas que son los cuidadores de adultos con enfermedades crónicas como:

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Stop & Shop Community Room
 35 Washington Street, Lynn, MA
 Miercoles, 4 de Marzo - 8 de Abril
 10:00 a.m. – 12:30 p.m.

**PARA MAS INFORMACIÓN O
 PARA INSCRIBIRSE**

Regístrate llamando a:
 Maribel Cora

Greater Lynn Senior Services



Veterans to Washington D.C.

Greater Lynn Senior Services and the Lynn Council on Aging have joined forces with local Veteran Service Offices and are planning a journey to Washington D.C. . The trip is planned for September 27th – September 30, 2015. We will travel by luxury coach tour bus spending four days and three nights with an itinerary that includes visiting the White House, the Capitol, and the Arlington National Cemetery and War Memorials. This tour package includes most meals, overnight stay, sightseeing tours and transportation plus gratuity for the price of \$250 per person. WWII Veterans take priority on the passenger roster. Medical releases to travel will be required. Veterans in need of assistance will be allowed to bring companions with prior approval at the same cost per person. Veterans will be required to provide a DD form 214. Companions must pass a background check.

If you are interested in donating to help assist Veterans on this journey, or specifically sponsor a veteran, please call Maureen Teal, project manager at 781-599-0110. If you are a veteran interested in joining us on the trip, call Mayra at 781-586-8546.



IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karampoulis

In loving memory of Ma, Ethel M. Stevenson
~ Carol A. Stevenson

In loving memory of Antony Orlandella
~ Anne Check

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WEDNESDAYS
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WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

BLOOD SUGAR & BLOOD PRESSURE

March 10th

8:00 am—9:30 am *note time change*

Nurse available for any health questions.



PODIATRIST

March 19th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card



HEARING CLINIC

March 3rd

10:00 am—11:00 am



MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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